

# IS YOUR RELATIONSHIP A HEALTHY ONE?

	YES	NO
Does my <sup>girl</sup> boyfriend disapprove of my closest friends?	_____	_____
Have I neglected my friends?	_____	_____
Do my friends feel I neglect them?	_____	_____
Do I cry or feel more depressed more now than I laugh?	_____	_____
Is my <sup>girl</sup> boyfriend jealous?	_____	_____
Do I let him <sup>her</sup> make most decisions?	_____	_____
Have I given up my job or studies for him <sup>her</sup> ?	_____	_____
Have I given up my plans for college or a career?	_____	_____
Do we always do things he <sup>she</sup> likes?	_____	_____
Do I ever feel pressured or forced to have sex?	_____	_____
Are alcohol or drugs a part of every date?	_____	_____
Has he <sup>she</sup> ever pushed or hit me?	_____	_____
Does he <sup>she</sup> frequently call me names or curse at me?	_____	_____
Do I stay with him <sup>her</sup> because he buys me things?	_____	_____
Do I stay with him <sup>her</sup> because he threatens to hurt himself or me if I leave him?	_____	_____
Am I afraid to break up with him <sup>her</sup> because I'll be alone?	_____	_____
Are there more fights at home over him <sup>her</sup> ?	_____	_____
Do I have to hide the relationship from my family or other important people in my life?	_____	_____

If you answered yes to some of the above questions, you should seriously consider terminating the relationship or getting some professional help in dealing with it.